

FROM THE WILD



ALLERGEN ADVICE

We advise that anyone with any nut allergy does not consume our cakes, as we use a wide variety of them across all our slices and flavours.

FROM THE WILD CAKES ARE ALL

Gluten free
Dairy free
Vegan friendly (animal product free)
Soy Free
Grain Free
Refined Sugar Free
Paleo friendly

INGREDIENTS USED IN FROM THE WILD CAKES

NUTS + SEEDS

spray free almonds, raw + roasted cashews, pistachios, hazelnuts, roasted unsalted peanuts, walnuts, tahini (sesame), macadamias, pecans, pistachios, sunflower seeds, and pepita seeds.

(ALL From the Wild cakes contain a variety of nuts)

COCONUT + CACAO PRODUCTS

organic coconut oil, organic cacao butter, organic coconut milk, organic coconut butter/ shredded coconut, cacao nibs, organic cacao powder, organic maca powder, mesquite powder, vegan dark chocolate, loving earth chocolate, COYO coconut yoghurt

SWEETENERS USED

pure & organic maple syrup + organic dates

OTHER

seasonal fruit, YL essential culinary oils, rosewater (for turkish delight or rose flavoured slices), organic vanilla paste, dehydrated + freeze dried fruit, organic banana chips, agar agar, matcha powder, beetroot powder, maqui powder, turmeric powder, spirulina.

